



## Briefs . . .

### Changes of command

#### 4th Reconnaissance Battalion

Lt. Col. Walter Estep will relinquish command of the 4th Reconnaissance Battalion to incoming commander, Lt. Col. Mark Hashimoto, at a change of command ceremony Saturday at 9 a.m. at the post Quadrangle.

#### U.S. Army South

The U.S. Army South change of command ceremony will be held Aug. 16 at 8 a.m. at Building 1000, at the old Brooke Army Medical Center circle.

### Changes of responsibility

#### 187th Medical Battalion

Command Sgt. Maj. Stephen Paskos will relinquish responsibilities of the 187th Medical Battalion to 1st Sgt. Dwight Wafford, interim command sergeant major, during a change of responsibility ceremony Aug. 17 at 8 a.m. at MacArthur Parade Field.

#### NCO Academy

Command Sgt. Maj. Howard Riles will relinquish responsibilities of the Non Commissioned Officer Academy to Command Sgt. Major Stephen Paskos at a change of responsibility ceremony Aug. 27 at 7 a.m. at MacArthur Parade Field. Paskos is currently the 187th Medical Battalion command sergeant major.

#### AMEDDC&S

Command Sgt. Maj. Timothy Burke will relinquish responsibilities of the Army Medical Department Center and School to Command Sgt. Maj. Howard Riles at a change of responsibility and retirement ceremony Aug. 29 at 8 a.m. at MacArthur Parade Field. Riles is currently the commandant for the Noncommissioned Officer Academy.

### 2007 Military Long Drive

The MWR Long Drive Championship, presented by Cadbury Schwepps, will be held Sunday at 8:30 a.m. at the Fort Sam Houston Golf Club. This one-day program is open only to active duty service members, Reserve and National Guard (inactive status may participate). For more information, call 222-9386 or visit [www.fortsamhoustonmwr.com/bod/golf\\_club.asp](http://www.fortsamhoustonmwr.com/bod/golf_club.asp). For more information, see Page 14.

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The results  
are in ...  
'The Biggest  
Loser'  
competition  
wraps up.



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Photo by Esther Garcia

## Cowboys, heroes meet at 'dome

Roy Williams, number 31, corner back for the Dallas Cowboys, autographs footballs for Spcs. Alexander Marmer and Sinecio Delargarza at the Alamodome Tuesday during the 2007 Dallas Cowboy Training Camp. **See related story, Page 3.**

# MWR strives to meet Army Family needs

By Cheryl Harrison  
Fort Sam Houston Public Information Office

In today's Army, whether it's help with childcare, personal finances, emotional support during deployments, relocation information or resources needed for special circumstances, Morale, Welfare and Recreation is there for military personnel and their Families.

The Army places a high priority on helping to achieve a balanced home and Family life. Keeping Families strong and supportive is essential to a healthy, strong and successful Army. The old saying, "If momma ain't happy, ain't nobody happy," is just as true in the military Family as it is in any American household.

MWR offers a wide variety of quality programs for the entire Family unit, not just as a recreational outlet, but a source

of growth, development and emotional well-being. Army Community Service is one of the programs that falls under the umbrella of MWR.

"Army Community Service has an array of services and programs that relate directly to the Soldiers and their Families. ACS is an integral part of MWR," said Paul Matthews, installation MWR director.

Family Readiness Groups, which are ACS sponsored, act as an extension of the unit in providing official, accurate command information to all members of the unit, Soldiers, spouse, children and extended Families. FRGs provide mutual support between the commander and the FRG membership as an advocate for more efficient use of available community resources.

See **MWR STRIVES** on Page 4

## Hotline continues to help Soldiers, Families

By Gerry J. Gilmore  
American Forces Press Service

WASHINGTON — The Army's four-month-old "Wounded Soldier and Family Hotline" continues to find answers to Soldiers' and Families' medical questions, a senior U.S. military officer said Aug. 1.

The hotline provides a more direct way for wounded Soldiers and their Families to obtain information for medical issues that couldn't be resolved through local channels, Col. Edward Mason, the hotline's director, told online journalists and "bloggers."

"The intent of the Wounded Soldier

"The intent of the Wounded Soldier and Family Hotline (1-800-984-8523) is to ensure that Soldiers and their Families have access to every resource the Army has to offer."

Col. Edward Mason  
Director, Wounded Soldier and Family Hotline

and Family Hotline is to ensure that Soldiers and their Families have access to every resource the Army has to offer," Mason explained.

Senior Army leaders established the hotline March 19 in the wake of a series of news reports in February that spotlighted shortcomings in patient care at

Walter Reed Army Medical Center.

Top Army leaders receive regular reports and briefings on hotline operations, the colonel pointed out.

The hotline wasn't created to bypass the chain of command, Mason emphasized,

See **HOTLINE** on Page 4



# Fort Sam Houston implements formation, running policy

Story and photo by Minnie Jones  
Fort Sam Houston Public Information Office

Fort Sam Houston leaders want Soldiers to be extra vigilant while performing physical training on post. To help meet this objective, the post is implementing a formation and running policy to make sure safety is a top priority.

The purpose of the policy is to establish guidelines for PT formation and running on Fort Sam Houston. It applies to the Army Medical Department Center and School, U.S. Army Garrison and all tenant organizations. This policy stems from safety concerns about running and performing PT in parking lots and in unathorized areas.

The new policy covers permitted routes and times, safety, laws and regulations surrounding PT for runners and joggers. This policy does not apply to Morale, Welfare and Recreation-sponsored running events. These types of events will be coordinated and planned to ensure the safety of all participants.

Policy guidelines are as follows:

- Designated physical training running routes.
  - All vehicles are prohibited from driving on Williams, W.W. White, Harney and Nursery Roads, known as “the loop,” from 5:30 to 6:30 a.m. Only authorized personnel reporting to the elementary school, golf course maintenance facility and dining facility are permitted during these hours with a special pass issued by the Director of Emergency Services. All PT formations will run counter clockwise when using the loop. Formations will use road guard equipment with reflective vests and flashlights.
  - Trained guards will be provided by the 32nd Medical Brigade and must be located at all intersections to control vehicle traffic.
  - Stanley Road is closed to traffic Monday through Friday from 5:30 to 6:30 a.m. for unit PT. Traffic may cross Stanley Road during these hours only at Schofield Road and New Braunfels Avenue.
  - Formations will use road guard equipment with reflective vests and flashlights.
- Military personnel participating in PT will observe the following:
  - Formations running on post are restricted to the approved routes stated in the paragraphs above.
  - During PT, runners must completely clear the roadways when emergency vehicles are responding to an emergency with flashing lights.
  - Road guards will be posted to the front and rear of the formation to alert vehicular traffic to slow down. Road guards will be at least 25 meters ahead and behind the formation. Road guards will wear reflective vests during hours of darkness and will carry cone lights.
  - When running in ability groups, there will be a minimum of two Soldiers in the group to serve as the running road guards to replace current road guards at intersections. Road guards will adhere to the requirements set forth in the preceding paragraph.
  - All Soldiers who are running in a formation or individually during a period of limited visibility, to include hours of darkness, will wear reflective vests or belts



Sgt. Danny Duke (left), Spcs. Angelle Williamson (center) and Merced Paredes (right), from the South Texas Branch, Veterinary Services, run beside Stanley Road during early morning physical training Wednesday.

(worn diagonally from right shoulder to left hip or around the waist) as part of the PT uniform. The vest or belt must be visible from the front and rear and unobstruct-

See **RUNNING POLICY** on Page 4

## Fort Sam Houston News Leader

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# Dallas Cowboys score touchdown with warriors

Story and photos by Esther Garcia  
Fort Sam Houston Public Affairs Office

Twenty-four wounded warriors got up close and personal with members of the Dallas Cowboys and owner Jerry Jones during a two-day visit to the Alamodome Monday and Tuesday. Courtesy of the Dallas Cowboys and Bank of America, the warriors were invited to watch the football players practice, take pictures and autographs.

Escorted into the Alamodome by Jeff Watrous, marketing manager for the Dallas Cowboys, the warriors walked onto the football field to the sidelines where a special area for seating was set up for them along with free drinks and popcorn. Dallas Cowboy staff members offered courtesy cart rides to anyone who wished to visit the concession stands to purchase Dallas Cowboy memorabilia.

During the two-day visit, the warriors had the opportunity to meet and take pictures with Red McCombs; City of San Antonio Mayor Phil Hardberger; Buddy Jewell, country singer; Dallas Cowboy owner Jerry Jones; Rowdy, the Dallas Cowboy mascot; and Barry Switzer, former head coach for the Oklahoma Sooners and Dallas Cowboys. Each and everyone stopped and thanked the warriors for their service and sacrifice. Kelly Webster, sportcaster with ESPN, 103.3 FM, came by when she discovered wounded warriors were in the audience and presented them with a 2007 Training Camp T-Shirt and personally thanked them. "I am so appreciative of their service and that they continue to do so, so that someone like myself, who has no military connection, can enjoy the

fruits of their labor."

Following the practice the wounded warriors got what they were eagerly waiting for — to meet, take pictures with and get the autographs of their favorite Dallas Cowboy football player.

Master Sgt. Renetta Traylor-Lovette brought along two footballs, two shirts and a hat for autographs. "I got everything autographed. It was wonderful. I wish everyone in the whole world could come. I am very appreciative and I just love it," said Traylor-Lovette.

— Scott Adams, who is a Dolphin fan, said it was awesome. Adams, who was wounded in Iraq, arrived at Brooke Army Medical Center Jan. 28 and was in a coma until Feb. 12. He receives treatment at the Center for the Intrepid five days a week and is in for the long haul. "Events like this help us to recover, helps me and helps heal my family," said Adams, who received a game ball.

Lt. Col. Bennie Blake, who has been here six months, said, "It was excellent, outstanding."

Blake also praised the Warrior and Family Support Center, which coordinated the trip to the Alamodome.



Barry Switzer autographs Dallas Cowboy memorabilia for Pfc. James Orlowski and Staff Sgt. Deron Santiny Monday at the Alamodome. Switzer stopped by and visited with the wounded warriors who were at the Alamodome to watch the practice and meet the players at the Dallas Cowboy Training Camp. Switzer is former head coach for the Oklahoma Sooners, the Dallas Cowboys and a Super Bowl winner.

Blake said they offer outstanding support, the best. "I have been at various military installations, and no one can

See **COWBOYS** on Page 5

## Briefs

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### Special Forces briefings

Special Forces briefings will be held Tuesday, Wednesday and Aug. 16 from 11:45 a.m. to 1 p.m. and Aug. 15 from 5:15 to 6:15 p.m. in the Army Community Service building, Building 2797, training room 2. Permanent party male Soldiers from E-4 to E-6 and first lieutenants in year group '05 are encouraged to attend. For more information, call Sgt. 1st Class Steve Stewart at 877-804-6601 or Sgt. 1st Class John Murphy at 877-845-9764.

### Commanders' luncheon

U.S. Army Garrison Commander Col. Wendy Martinson will hold the next Quarterly Commanders' and Customers' Luncheon Aug. 16 from 11 a.m. to 1 p.m. at the Sam Houston Club in the Bexar Room. The luncheon is open to Fort Sam Houston tenant and unit commanders, command sergeants major and installation activity chiefs.

For organizations that have not been receiving the quarterly invitational memo that is distributed installation-wide, call the Garrison Command Group at 221-0905. For more information or to suggest future topics for discussion during the luncheons, call Carol Bann, Garrison's Plans, Analysis and Integration Office, at 221-2732 or e-mail carol.bann@us.army.mil.

### Combatives Tournament

The 264th Medical Battalion and Morale, Welfare and Recreation will sponsor a 264th Combatives Tournament Aug. 18 from 9 a.m. to 1 p.m. at the Jimmy Brought Fitness Center. The event is open and free to the public. For more information, call Staff Sgt. Jeff Deickman at 221-7323 or e-mail jeff.deickman@amedd.army.mil.

### Museum closure

The Fort Sam Houston Museum will be closed to visitors Sunday to Aug. 17, and will reopen Aug. 18. During that time, for assistance, people can call the Army Medical Department Regimental Office at 221-8455.

### Camp Bullis User's Conference

Camp Bullis will host a User's Conference Aug. 23 from 8 a.m. to 4 p.m. starting at the

Camp Bullis Theater, Building 5900. Registration begins at 7:30 a.m. Senior staff and NCOs are highly encouraged to attend if they have arrived in the past year and conduct training at Camp Bullis. There will be a slide overview in the morning and a forum and tour in the afternoon. For reservations, call 295-7686 or e-mail patricia.jennings@us.army.mil, or call 295-7592 or e-mail ronald.lane@us.army.mil, or e-mail mabel.rodriguez@us.army.mil.

### Department of Transportation meeting

The Texas Department of Transportation invites the community to a public meeting Aug. 23 at the Windcrest Civic Center, 9310 Jim Seal Drive, Windcrest, Texas. The meeting will include information on upcoming improvements to the roadway along Interstate Highway 35 from Rittiman Road to FM 78. An open house will convene at 6:30 p.m. followed by a presentation from 7 to 7:30 p.m. Following the presentation, staff will be available to answer questions. Project layouts and other project information will be on display.

### MOAA luncheon

The Military Officers Association of America-Alamo Chapter will feature retired Col. John Olson, the only living officer to survive the Bataan Death March and a Japanese prisoner of war for three years, during a luncheon Aug. 23 at the Sam Houston Club. Olson will discuss the Philippine Scouts of World War II. The social hour will begin at 11 a.m.; the luncheon and program will begin at 11:45 a.m. The cost is \$16 per person. For reservations, call 228-9955 or e-mail moaa-ac@sbcglobal.net by Aug. 20.

### Women's Equality Day events

- The 232nd Medical Battalion will host the 32nd Medical Brigade's Women's Equality Day event Aug. 23 from 6:30 to 7:30 p.m. at the Hacienda Recreation Center. The event is free and open to all initial entry training and advance individual training Soldiers. For more information, call Staff Sgt Angela Williams at 221-4350.
- A Women's Equality Day event will be held for the post community Aug. 24 from 10:30 to 11:30 a.m. at the Army Community Service building on Stanley Road. The guest speaker will be Col. Cheryl Ann Harris, commander, 470th Military Intelligence Brigade. For more

information, call Sgt. 1st Class Ricky Evans at 221-9276 or e-mail ricky.lovon.evans@us.army.mil.

### Green to Gold briefings

The Fort Sam Houston Education Center will host Green to Gold briefings for Soldiers interested in the Green to Gold ROTC program Aug. 23 and Sept. 20 at 11 a.m. and 1 p.m. in Building 2247, at the corner of Stanley and New Braunfels Avenue. Learn about the Active Duty Option, the Full Scholarship Option and the Two Year Non-scholarship Option. Army ROTC school cadre and 12th ROTC Brigade Recruiting Office personnel will be available to answer questions. For more information, call 295-2005.

### Retirement, retreat ceremony

Col. David Maness will relinquish the duties of dean, Academy of Health Sciences, Army Medical Department Center and School, to Col. W. John Luciano at a retirement and retreat ceremony Aug. 28 at 4:45 p.m. at the post flagpole on Stanley Road. Luciano is currently serving with the Corps Specific Branch Proponent Office, Dental Corps, AMEDDC&S.

### Resume Writing Workshops

The next Hiring Heroes Career Fair is scheduled for Sept. 18 at the Sam Houston Club. In preparation for the fair, resume writing workshops will be offered to wound-

ed warriors Aug. 23 and Sept. 13 from 1 to 3:30 p.m. in the Brooke Army Medical Center (IMD Classroom), and Aug. 30 from 1 to 3:30 p.m. at the Army Career Alumni Program, Building 2263, Room B100. The workshops are conducted by the Federal Employment Workshop. Class size is limited and registration is required to ensure a seat; all others will be on a space-available basis. For more information or to register, call Kim Goffar at 916-6284.

### ID Card Office open at BAMC

A new Garrison ID Card Office at Brooke Army Medical Center is open Mondays through Fridays from 7:30 to 11 a.m. and 12:30 to 3:30 p.m. The office is located next to the TRICARE office in the basement. The office's priority is wounded warriors and their families; however, card services are available to all eligible personnel.

### Check CAC expiration date

People should call the ID card section for an appointment two to three weeks prior to the expiration date on their Common Access Card. If the card is already expired, then cardholders will need to bring two types of identification, such as a driver's license and Social Security card. One of the two types must be a photo ID. The expired CAC cannot be used as identification. For appointments, call 221-0415 or 221-2278.

**SAVE the DATE!**

**Hiring Heroes Career Fair**  
(Specifically organized for injured service members and their spouses)

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**Tuesday, Sept. 18, 2007**  
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# Army offers civilians new leadership development programs

By **Angela K. Daniel**  
U.S. Army North Public Affairs

As civilians become more vital to carrying out the nation’s defense mission, the Army is creating more opportunities for civilian leadership development and education.

The Army’s Civilian Education System Leader Development Program will benefit organizations by fostering the growth of the Army civilian corps, said Jennifer Brennan, Army Management Staff College marketing specialist and public affairs officer.

The staff college offers the education program, which includes four progressive and sequential courses. The 57-hour Foundation Course is required for all Army civilians who were hired after Sept. 30, 2006.

This online distributed learning course is followed by three resident courses: Basic, Intermediate and Advanced. The courses range from two to four weeks in length and are offered at the staff college’s Fort Leavenworth, Kan., and Fort Belvoir, Va., campuses.

The progressive nature of the program offers enhanced leader development and education opportunities to the Army civilian corps worldwide, Brennan said.

Dorothy Cannon was the first Army North civilian employee to attend a resident Civilian Education System course.

“The program leaves Army civilians with a sense of

belonging to the Army and worth regarding the Army mission,” Cannon said. “Participants walk away with a sense of security and satisfaction as an Army civilian.”

The program is student-centered, problem-based, and experiential. According to the staff college’s Web site, the goal is to develop leaders who will know the Army, embody Army values, be professionally educated, be lifelong learners, be leaders of change, be confident and self-aware, share learning across and outside the Army, be adaptive and innovative, be business leaders with strategic focuses, be effective across cultures and be a team coalition.

The resident courses are founded on Army doctrine and educational and leadership theories. They are taught mainly through small group discussion and instruction combined with case studies, written papers, individual counseling sessions and oral presentations.

Cannon called the course an “out-of-the-box experience, unlike any other leadership program” she has attended.

“You realize this is your course,” she said. “The instructors do pay attention. They take information from students and put it into practice.”

Brennan said the Army is the first branch of the military to offer such an educational system totally dedicated

“The program leaves Army civilians with a sense of belonging to the Army and worth regarding the Army mission.”

Dorothy Cannon  
Course attendee

to enhancing the leadership skills of its civilians. She added that this transformation of civilian training and education will align uniformed and civilian leader development training and education, strengthen civilian ties to the Army, and enable Army civilians to contribute to their fullest potential.

The education system also includes the Action Officer Development Course, Supervisor Development Course and Manager Development Course, all offered online. In addition, the staff college will pilot the Senior Civilian Leader Continuing Education Program in September.

Army employees who have completed legacy leader development courses will receive credit for the equivalent CES training. Others may receive course credit by working for private industry, another military department or federal agency or by completing applicable university study. The staff college Web site offers more details.

For more information, visit the staff college’s Web site at [www.amsc.belvoir.army.mil](http://www.amsc.belvoir.army.mil).

## MWR strives

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The FRG mission activities identify the needs of the unit Soldiers, civilian employees and their Families.

ACS is enhancing FRG training to include Family support networking.

“We offer monthly training to keep the FRGs up to date on what is available to the deployed Family Members,” said Sue York, ACS Mobilization Deployment Program Manager.

“The FRG is unique to the Army and is a volunteer-run organization. The primary mission is to provide a timely information flow between the unit and the Family Members,” explained York. “FRG leaders and other positions within the FRG, such as the treasurer, are all volunteer positions.”

FRG programs are only one piece of the ACS puzzle. Family Advocacy offers

parenting, stress reduction and relaxation classes for Family Members, as well as financial readiness with basic education on money matters and introduction to personal financial management.

Volunteers, the “heart” of Fort Sam Houston, falls under the ACS hat with more than 300,000 volunteer hours recorded each year equaling a real dollar value of over 1.7 million dollars.

Another integral spoke in the MWR wheel is the Warrior and Family Support Center, once known as the Soldier and Family Assistance Center. The WFSC offers a comfortable environment for injured Soldiers and their Families to relax and socialize during the Soldier’s medical rehabilitation. The facility has served as a central hub for Family and friends to visit injured military members as they continue treatment and recovery.

The facility includes a central reception

area, a computer and meeting area with Internet access, and a recreation and entertainment area. The WFSC also serves as a resource center for information and referral services.

Judith Markelz, programs coordinator for the Warrior and Family Support Center, said, “One of our main objectives right now is finding jobs for wounded warriors and their spouses. We conduct resume, interview and Dress for Success classes.”

“In some cases the spouse will become the major bread winner, and working with the Hiring Heroes Job Fair is one way to help these folks find employment. They had jobs before they relocated here to be with the wounded military member, and they are extremely talented. Let’s use them and put our money where our mouth is and hire them in our community,” added Markelz.

The next Hiring Heroes Job Fair will be held Sept. 18 from 9 a.m. to 3 p.m. at the Sam Houston Club. The WFSC will hold resume writing classes as well as interviewing skills and Dress for Success classes in an effort to get these military Families back into the workforce.

MWR provides quality programs and service to the community that makes up Fort Sam Houston. Their services are their product, but Soldiers are their business. Programs range from recreational activities such as golf, bowling and swimming to support programs such as budget counseling, relocation assistance and youth activities. MWR strives to meet the needs of military members, Families, retirees and Department of Defense civilians at Fort Sam Houston.

For more information about programs and events, visit [www.fortsamhouston-mwr.com](http://www.fortsamhouston-mwr.com).

## Hotline

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noting that it was established to address and resolve Soldier and Family medical issues as expeditiously as possible.

The hotline is managed and operated by U.S. Army Human Resources Command in Alexandria, Va. Since inception, the hotline has fielded more than 5,000 calls, involving more than 1,300 issues, Mason said.

Callers’ issues are staffed to subject-matter experts for

resolution, Mason explained. The hotline staff later contacts callers to ensure they’ve been helped. “Most of the time callers are very happy someone listened to them and that we were able to provide the information that they needed,” he said.

Military veterans have raised about 28 percent of hotline issues, Mason said. Veterans have been gratified to receive replies from U.S. Department of Veterans Affairs officials, he said.

The hotline operates 24 hours a day, seven days a week, Mason said. It is staffed by 50 Soldiers and 50 contractors. The contractors are former Soldiers or military Family Members. “They believe in the mission and have a passion for helping Soldiers and Families,” Mason said of the hotline’s staff.

The Army’s Wounded Soldier and Family Hotline can be accessed at 1-800-984-8523. Overseas customers can call the hotline via the Defense Switched Network, or DSN, at 312-328-0002.

## Running policy

Continued from Page 2

ed by clothing and equipment. Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on Fort Sam Houston.

– Running in parking lots is not permitted unless specifically designated and secured.

– Runners and joggers running on their own will observe the following:

– No more than two people running abreast on sidewalks or authorized roadways.

– When using authorized roadways, run facing oncoming traffic and yield to vehicular traffic prior to crossing roads.

– All personnel will wear a reflective vest or belt (worn diagonally from right shoulder to left hip or around the waist) during limited visibility to include hours of darkness while running or jogging on the installation. The vest or belt must be visible from the front and rear and unobstructed by clothing or equipment.

– Joggers will wear a shirt or other type of garment to cover their upper body when running on the installation.

– Wearing headsets, of any type, while running on installation roads is prohibited. In accordance with Army Regulation 670-1, paragraph 1-9(a) (2) (b), “Headsets and personal stereos are prohibited when wearing the physical fitness uniform, at all

times.” Headsets may be worn while running on off-road track areas.

– Runners and joggers must yield the right-of-way to all vehicles.

– Pedestrian traffic rules for the State of Texas apply to individual runners and joggers. Vehicles must stop for pedestrians in crosswalks; however, pedestrians must yield to vehicles entering intersections and crosswalks ahead of them.

• Roadways are designed primarily for vehicular traffic. Runners and joggers are encouraged to use sidewalks, PT tracks, closed run routes and open fields.

• Jogging or running is prohibited on Stanley, Dickman, Artillery Post, Winans, Wilson, Scott, North New Braunfels,

Harry Wurzbach, Schofield and George Beach roads (except when running the designated run routes listed above from 5:30 to 6:30 a.m.) However, joggers may run on sidewalks or on the grass along the roads mentioned above. There is a greater risk of injury when running adjacent to streets containing access control points during rush hour.

• All motorists will adhere to posted speed limit signs and pass troop formations at 10 mph.

For more information regarding the formation and running policy, can the Installation Safety Office at 221-3846.

(Note: Next week’s News Leader will include a map of the running route.)

# Fort Hood Soldiers show support with toy run

By 1st Lt. Marvin J. Baker  
120th Infantry Brigade, First Army Division West Public Affairs Officer

More than 40 Fort Hood Soldiers showed their support toward wounded warriors with a toy run to Fort Sam Houston’s Fisher House July 28.

Staff Sgt. Jesse Taijeron and other members of the 120th Infantry Brigade, First Army Division, West, made the 330 mile round trip on sport bikes and cruisers. Along the way, nearly a dozen other riders and Family Members supported the group with water and emergency transportation.

Each rider donated a stuffed animal or toy to the Fisher House Foundation, an organization that provides Families a place to stay while their Soldier is recovering at Brooke Army Medical Center.

“This trip was not only for us to get to know each other, but also to thank these Soldiers for all they have done,” Taijeron said. “These Soldiers and their Families have sacrificed so much.”

Taijeron fought to hold back tears during his remarks to the riders in the foyer of the Fisher House about camaraderie among bikers and Soldiers. “It’s time we Soldiers play a bigger support role for our wounded brothers. Not just here, but at Walter Reed (Army Medical Center), Fort Hood and all over.”

One rider, a veteran of Vietnam and Desert Storm said, “I think about these guys ... When we (Vietnam veterans) came back, we had nothing. Things have changed a lot, but these veterans deserve even more.”

Tommy Tatum makes these kinds of rides regularly

with the Patriot Guard and the American Legion in Copperas Cove, Texas. His next toy run is the Bell County Toy Run later this fall.

“These Soldiers sacrificed for all of us and while they are here recovering with their Families, we support them 100 percent.”

The 120th Infantry Brigade has plans for another charity ride in August. The unit is headquartered at Fort Sam Houston; however, since the start of the Global War on Terrorism, Soldiers in this training support brigade spend virtually all of their time at Fort Hood training mobilized National Guard and Army Reserve Soldiers and units for deployment in support of Operations Iraqi Freedom and Enduring Freedom. For more information, e-mail Taijeron at [Jesse.Taijeron@usar.army.mil](mailto:Jesse.Taijeron@usar.army.mil).

## Cowboys

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compare with what is being offered here,” she said.

The Warrior and Family Support Center, located at the Powless Guest House, is run strictly by donations and volunteers with only two paid employees. The center offers a comfortable place for wounded warriors and their families to relax and meet while their loved ones are undergoing treatment at Brooke Army Medical Center. The center, which receives donations from the San Antonio and surrounding communities, offers warriors and their families opportunities such as visiting the Dallas Cowboys, luncheons, dinners, basketball games, rides to the malls in the San Antonio area, the post exchange, the commissary and to numerous events off post courtesy of the civilian community.

On Tuesday afternoon, owner Jerry Jones gathered the wounded warriors on the field for autographs and picture taking. He then surprised everyone when he took off his Super Bowl ring and allowed each warrior to try it on and take

pictures with him and the ring.

When asked how he felt when he put on the ring, Sgt. Michael Gallardo, who is in a wheelchair, said, “I actually felt like running.”



Photos by Esther Garcia



Lt. Col. Bennie Blake waits her turn as Dallas Cowboy rookie Isaiah Stanback, number 86, autographs the cowboy hat of Master Sgt. Renetta Traylor-Lovette. Lovette, a Dallas Cowboy fan, said she had several items autographed to include two footballs, two shirts, a hat and a game ball.

Lt. Jay Barclay discovers how it feels to wear a Super Bowl ring, thanks to Jerry Jones, owner of the Dallas Cowboys. Jones surprised the wounded warriors Tuesday afternoon when he took off his ring and allowed everyone to try it on.



# Mold: what you need to know

By Minnie Jones  
Fort Sam Houston Public Information Office

With July being one of the rainiest months on record for the city of San Antonio, mold can become a growing cause for concern. Mold problems can happen throughout the year, but may escalate during rainy seasons or periods of high temperature and high humidity, similar to what San Antonio has experienced in recent months.

Here is what everyone needs to know about mold. Mold spores are common in the air of most homes and are always present in the environment. There is the harmless kind, then there is the dangerous kind, and for most people they do not pose a health risk.

“Molds are a type of fungus,” said Capt. Matthew Perry, an environmental science and engineer officer and chief of environmental health for the U.S. Army Medical Department Activity–Bavaria. “They grow by creating microscopic spores that float through the air both indoors and outdoors.”

Perry said that because of mold spores’ incredibly small size, it is impossible for people to completely rid their home or work environment of them. Molds can feed on a wide range of material and require a water (moisture) source to survive.

Reports on TV and in newspapers commonly refer to harmful mold as “black mold” or “toxic mold.”

“This is not accurate,” said Perry. “There are over 100,000 different species of molds throughout the world, and they come in many different colors, such as black, green, yellow, orange, brown and white.”

Perry said there are harmless and harmful molds. “Some may be black, some may be other colors, but you can’t tell which is which strictly by the color,” he explained.

Of the approximately 1,000 common household molds studied, less than 200 are identified as being harmful pathogens to humans.

About 10 percent of the general population and 40 percent of people with asthma are allergic to fungus, according to the U.S. Army Center for Health Promotion and Preventive Medicine.

“For people sensitive to mold, the most common reaction will be characteristic of hay fever-like symptoms: red, itchy eyes; runny nose; headache or fever. For people with asthma, exposure to molds can make their asthma worse, but there is no evidence that mold exposures cause asthma in people,” Perry said.

Those with weakened immune systems or chronic lung diseases are also at an increased risk of developing fungal infections in their lungs.

Well-documented case studies show that some molds produce toxins that can cause serious illnesses. Usually, the serious illness comes from eating foods contaminated with high levels of mold toxins.

“Because we know that molds can cause disease and illness in some people, we strongly recommend that these people take steps to prevent mold growth in their home and work areas,” said Perry. “If you suspect that mold is making you sick, discuss this with your health-care provider.”

Perry explained that a correct diagnosis is necessary so that professionally trained public health officials can assess the problem.

There is no established data to show “safe” levels of mold because each person reacts differently to different levels of mold. “So in most cases, providers don’t have to request a mold sampling of someone’s environment,” said Perry.

He added that mold spores are everywhere and when found, all molds should be treated the same. “The risk of exposure to molds is minimal in most people, and reactions to molds vary from person to person.”

It is extremely difficult to maintain a mold-free home in San Antonio because mold spores are common in the air of most homes. Although it is difficult to eliminate all

## Tips to reduce the chance of mold:

- **Identify sources of indoor moisture.** Normal living may create high levels of moisture above 60 percent, which is the recommended maximum humidity inside a home. The proper steps should be taken to avoid excessive moisture.
- **Make sure there are working exhaust fans** in the kitchen and the bathroom. Water from showers and baths, if not vented, commonly lead to mold on walls and ceilings and around enclosures. Water from cooking, if not vented, can build up and lead to mold in the kitchen. Ideally, the fan should be connected to the overhead light switch. Investigate installing a bathroom heat lamp overhead as well to further reduce moisture buildup.
- **Check leaky pipes and drains** inside the house. Moisture can build up behind the walls, leading to mold growth that is expensive to remediate.
- **Move furniture away from the walls** by an inch or two to allow air to circulate and avoid trapping moisture. This specifically refers to beds, which are often placed up against walls.
- **Clean the house, preferably with a filtered HEPA vacuum.** Not only do molds feed off animal dander, dust mites, human skin cells shed by our bodies and other microscopic organic materials, they also can be sources of lung irritation in themselves. As a partial solution, investigate the use of high efficiency air filters.
- **Use a de-humidifier.** This will reduce moisture levels in the house.

molds, there are simple steps that can be taken to reduce mold occurrence. Indoor mold growth can and should be prevented or controlled by controlling moisture levels indoors.

Once building materials or furnishings get wet, mold can begin growing within 24 hours. To address mold problems, the source of water damage must be identified and corrected. Then wet materials must be dried and cleaned. In some cases, water- or mold-damaged building materials must be removed and replaced.

USACHPPM recommends a humidity level of 60 per-

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Mold

Continued from Page 6

cent or less. Using fans while cooking and showering can also help vent to the outside. Another way to control moisture is to open windows while cooking and showering.

To minimize the risk of mold growing in work and home areas, identify and eliminate the source of moisture or water. Residents should ventilate their quarters for at least 10 minutes a day and after each shower by opening windows to create a cross draft. This helps to reduce the potential for mold and mildew growth.

“Be aware though, molds damage what they grow on, so the longer they have to grow, the more damage they are likely to cause,” said Perry.

The United States Environmental Agency publication “A Brief Guide to Mold, Moisture, and Your Home,” is available at [www.epa.gov/iaq/molds/moldguide.html](http://www.epa.gov/iaq/molds/moldguide.html).

For more information, visit the USACHPPM Web site at <http://chppm-www.apgea.army.mil/mold>, Centers for Disease Control Web site at <http://www.cdc.gov/mold/>, Environmental Protection Agency Web site at <http://www.epa.gov/mold/>, and the American College of Occupational and Environmental Medicine Web site at <http://www.acoem.org/guidelines.aspx?id=850>; or call your local environmental science officer.

For concerns regarding mold on Fort Sam Houston, call Preventive Medicine at 295-2500.

(Sources: Europe Regional Medical Command release, <http://www.bestmanagementarticles.com>)

National Immunization Awareness Month

Take time to review immunization records

**FALLS CHURCH, Va.** – With summer drawing to a close, parents are enrolling children in school, students are entering college and health care workers are preparing for the upcoming flu season. Now is the perfect time for all service members, retirees and their Families to catch up on immunizations.

August is National Immunization Awareness Month, and all TRICARE beneficiaries are encouraged to take the time to review individual and Family immunization records with a physician.

TRICARE and its team of health care professionals realize the important role of immunizations as part of a healthy lifestyle. Beneficiaries can receive all necessary vaccinations through military treatment facilities, TRICARE network and non-network providers.

**Why are immunizations important?**

Immunizations are important to overall public health. With the exception of safe drinking water, there is no other health improvement strategy with such a tremendous effect on reducing disease and improving health.

Vaccine-preventable diseases and deaths still occur in the United States, affecting children, adolescents and adults. Pneumococcal disease, for example, still causes thousands of deaths and 175,000 hospitalizations each year in the United States alone. Together, pneumonia and influenza are the seventh leading cause of death in the United States, and the sixth leading cause of death among people 65 years

of age and older.

Immunizations are critical for mission readiness. Service members who are deploying overseas should receive all required immunizations before arriving in country. Service members who are not current on immunizations should obtain indicated vaccines at their unit’s medical facility immediately upon arrival to ensure a healthy deployment.

**Who should be immunized?**

Immunizations are important, regardless of age, sex, race, ethnic background or country of origin. Recommended vaccinations begin at birth and continue throughout life. By staying up-to-date on immunizations, people can protect themselves from life-threatening conditions while also protecting their Family, friends and community from their spread.

Brooke Army Medical Center will offer immunizations to beneficiaries ages 6 to 23 every Wednesday in August and September from 7:30 a.m. to 4 p.m. in the BAMC Allergy Clinic, third floor Medical Mall. No appointments or consults are required. Shot



**Photo by Jen Rodriguez**

Five-year-old Isaac Day III wasn’t the least bit squeamish about getting his back-to-school immunization from Pediatrics Center registered nurse Patricia Dougherty, who places a band-aid on Day’s arm at Brooke Army Medical Center.

records are recommended. Children age 5 and younger should see their primary provider first. For more information, call 916-3011.

(Source: TRICARE Management Activity)

Wera Sharp pounds out pull-ups at the Jimmy Brought Fitness Center. The 77-year-old grandmother is a regular at the Jimmy Brought Fitness Center.



Photo by Olivia Mendoza

# RAISING THE BAR ON FITNESS

## Fit seniors inspire younger generation

By Elaine Wilson  
Fort Sam Houston Public Information Office

In a weight room packed with muscle-bound men, little 77-year-old Wera Sharp turns heads as she walks in and makes a beeline for the pull-up bars. Still sweating from 30 minutes on the treadmill, Sharp jumps up, grips the bar and effortlessly pumps out 10 chin ups in less than a minute.

The only sign of strain is her shaking muscles after a second or third set.

Sharp is raising the bar on fitness at Fort Sam Houston, not just for seniors, but for everyone. When this spry grandma with curly blonde hair and a friendly smile hits the gym for one of her three-hour workouts, she easily surpasses fellow gym-goers half her age.

“I’ve been working out all my life but only started coming to the gym about five years ago,” said Sharp, slightly out of breath after a pull-up set. “I’ve always

worked out and see no reason to stop now.”

She credits her toned body to “a little bit of everything – weights, swimming, stair-stepper – I like to get a total-body workout.”

As Sharp walks over to hit the mats for a hundred crunches and 50 push-ups “man-style,” she points out a man senior to her working his triceps nearby.

Ninety-two-year-old Frank Rabell, a five-time visitor to the gym each week, is pumping out reps on a weighted bar. His wife, Michelle is walking at a steady pace on a treadmill just outside the weight room. “Working out keeps our minds sharp and our bodies healthy,” Michelle said. “We’ve been married almost 50 years and have never been sedentary.”

Lucian Kimble, Jimmy Brought Fitness director, said seniors are a common sight at the gym and a constant source of inspiration and motivation for people of all ages.

“The fitness center is like a fountain of youth; we have people from age 9 to 90,” he said. “Age doesn’t matter. It’s your lifestyle and the choices you make – how much rest you receive, nutrition and activity level.

“Every time an active adult comes in, it’s a great example for everyone. You’re never too obese or old; it’s never too late.”

Like their younger counterparts, seniors can reap numerous benefits from staying active, according to the National Institute on Aging, to include:

- Keep and improve strength to help maintain independence.
- Have more energy.
- Improve balance.
- Prevent or delay some diseases such as heart disease, diabetes and cancer.
- Perk up mood and help reduce depression.

Another benefit is the inspiration they provide others.

Sgt. 1st Class Joseph Tiberio, a regular at the gym, said he aspires to be as fit as

See **FIT SENIORS** on Page 9



Sports Briefs . . .

Silver Stars 5K Run/Walk

The Third Annual Silver Stars 5K Run/Walk will be held Saturday at 8:30 a.m. at the AT&T Center in San Antonio. Parking is free in Lot 4. The entry fee is \$20 per person on or before Friday and \$30 the day of the race. To register, visit [www.sasilverstars.com](http://www.sasilverstars.com). For more information, call 444-5652 or e-mail [efalat@attcenter.com](mailto:efalat@attcenter.com).

10-Miler #2

The Fort Sam Houston 10-Miler #2 will be held Sunday at 7:30 a.m. at the Brigade Gym. To register or for more information, call 221-2020 or 221-1234.

5K Fun Run/Walk

A 5K Fun Run/Walk will be held Aug. 25 at 9 a.m. at the Jimmy Brought Fitness Center. Registration fee is \$10 per person. To register or for more information, call Will Lloyd at 221-2020 or 221-1234.

Health and Wellness Fair

A free Health and Wellness Fair will be held at the Jimmy Brought Fitness Center Aug. 30 from 10 a.m. to 1 p.m. Activities include cholesterol screening, diabetes screening, nutritional information, door prizes and more. Participants who wish to have cholesterol screening must fast for 12 hours before the test. For more information, call 221-2020 or 221-1234.

Varsity basketball

Coaches and players are needed for the women’s and men’s varsity basketball teams. Tryouts for players are Aug. 27 through 31 at 6:30 p.m. at the Jimmy Brought Fitness Center. Those interested in coaching should submit resumes by Aug. 23 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234. For more information, call 221-1180 or e-mail [earl.t.young@us.army.mil](mailto:earl.t.young@us.army.mil).

Youth soccer registration

Youth can register for the Alamo Heights/Fort Sam Houston Youth Soccer team through Aug. 31. People can register online at [www.ahfsh.org](http://www.ahfsh.org) or stop by the Youth Center for walk-in registration Aug. 25 from 10 a.m. to 3 p.m. and Aug. 29 from 6 to 8 p.m. For more information, visit [www.ahfsh.org](http://www.ahfsh.org) or call 828-7071.

Lock up valuables at gym

Several wallets have been stolen at the Jimmy Brought Fitness Center. Gym visitors are advised to lock up their valuables. The Jimmy Brought offers free lock boxes in the gym entrance and also rents out lockers on an annual basis. For more information, call 221-2020.

New fitness classes

A muscle conditioning class, which includes total body strength training, is offered Fridays from 5 to 6 p.m. at the Jimmy Brought Fitness Center.

A total body conditioning class, comprising 50 minutes of cycling and 30 minutes of core conditioning, is held Saturdays from 9 to 10:20 a.m. at the Jimmy Brought Fitness Center. For more information, call the fitness center at 221-2020.

Fit seniors

Continued from Page 8

some gym-goers 20 years his senior.

“I see a lot of older people who are in better shape than me,” said 36-year-old Tiberio, who could be called buff in his own right. “I know a man in his 70s who could do inverted push-ups, and a very fit lady, Ruth; she motivates me every day. I want to look as fit as she does when I’m in my 50s. It’s pretty inspirational.”

The fit seniors at the Jimmy Brought are not that unusual when compared to a society that is looking and feeling younger than ever before, thanks to medical advances and healthier lifestyles. At 77, actor Sean Connery is still deemed a dreamboat, and at 65, Harrison Ford is not only looking good, but about to embark on another Indiana Jones adventure.

Army leaders have even joined the trend, opening its ranks to people formerly considered too old to join. Since last June, anyone from a baby-faced 17-year-old to a well-seasoned 42-year-old can now choose to serve.

And just about anyone at any age can, to borrow a phrase from Olivia Newton John, get physical, even with a long-term condition like heart disease or diabetes. Physical activity may even help, according to the National Institute on Aging. Of course, for anyone about to embark on a fitness routine, the first step is to check with a doctor, particularly if there are health problems.

Sharp attributes her prescription-free medicine cabinet to a lifetime of fitness. “I’m a determined person,” she said. “I love to work out and keep fit, so I just do it.”

Each day, when the Jimmy Brought seniors make a choice to grab their running shoes versus the nearest rocking chair, they are not just keeping fit, but redefining for a younger generation the meaning of “old age.”



Photo by Olivia Mendoza

Ninety-two-year-old Frank Rabell works his triceps during one of his daily workouts at the fitness center at Fort Sam Houston.



- Sixth grade**
- 1 Four-inch binder with pockets
  - 2 Three-inch binders with pockets
  - 4 Spiral notebooks
  - 3 Pkgs. dividers with pockets
  - 4 Pkgs. wide-ruled three-ring notebook paper
  - 3 Pkgs. tab dividers
  - 2 Zippered pencil/pen bags
  - 1 Pkg. No. 2 pencils (no mechanical pencils)
  - 1 Pkg. blue or black ink pens
  - 2 Red grading pens
  - 1 Pkg. black dry erase markers
  - 1 Pkg. transparent highlighters
  - 1 Pkg. colored pencils
  - 1 Pkg. Crayola fine point markers
  - 1 Pkg. Sharpie markers
  - 3 Glue sticks
  - 1 Scissors
  - 1 Ruler (centimeters/inches)
  - 2 Large boxes Kleenex
  - 1 Locker shelf (optional)

- Seventh grade**
- 4 One-inch, three-ring binders
  - 1 Two-inch, three-ring binder
  - 1 70-page spiral notebook
  - 2 150-page spiral notebooks
  - 2 Three-subject spiral notebooks
  - 1 Homework pocket folder
  - 5 Pkgs. wide-ruled, three-ring notebook paper
  - 5 Pkgs. tab dividers
  - 1 Zippered pencil bag
  - 1 Pkg. No. 2 pencils
  - 2 Pkgs. blue or black ink pens
  - 3 Red grading pens
  - 1 Pkg. colored pencils
  - 1 Pkg. black dry erase markers

**Robert G. Cole Middle School**  
*Sixth through eighth grade suggested list of school supplies 2007-2008*

- 3 Glue sticks
- 1 Pkg. transparent highlighters
- 1 Ruler (centimeters/ inches)
- 2 Large boxes Kleenex
- 1 Locker shelf (optional)

- Eighth grade**
- 1 Two-inch, three-ring binder
  - 3 One-inch, three-ring binders
  - 2 150-page spiral notebooks
  - 1 Tablet one-quarter inch graph paper
  - 5 Three-pronged folders with pockets
  - 5 Pkgs. wide-ruled, three-ring notebook paper
  - 3 Pkgs. tab dividers
  - 3 Zippered pencil/pen bags
  - 1 Pkg. No. 2 pencils
  - 2 Pkgs. blue or black ink pens
  - 3 Red grading pens
  - 1 Pkg. colored pencils
  - 1 Pkg. black dry erase markers
  - 3 Glue sticks
  - 2 Pkgs. transparent highlighters
  - 1 Ruler (centimeters/ inches)
  - 2 Large boxes Kleenex

**Optional Items:** Students taking Algebra I are encouraged to purchase a TI83+ graphing calculator. If students cannot purchase a personal calculator, one will be issued in class. Locker shelves are optional.

**Note:** Supplies will need to be replenished during the school year. Elective classes may have additional minimum requirements determined by the nature of the elective. All middle school students will be issued a school locker and allowed to carry a back pack (No wheels).

# Sales tax holiday changes date

For the ninth year, Texas shoppers will get a break from state and local sales tax. Since Texas mandated a later start date for public school, the annual tax-free holiday moved to the third weekend of August.

This year’s break from the 8.25 percent sales tax will be Aug. 17 at 12:01 a.m. through Aug. 19 at 12 a.m. The holiday exempts most clothing and footwear priced under \$100 from sales and use taxes, which saves shoppers about \$8 on every \$100 they spend.

Information to remember about the sales tax holiday:

- Most clothing and footwear priced at less than \$100 will be exempt from sales tax.
- Backpacks priced under \$100 to be used by elementary and secondary students are also exempt. A backpack is defined as a pack with straps worn on the back. The exemption does not apply to items reasonably defined as luggage; briefcases; athlet-

ic, duffle or gym bags; computer bags; purses; or framed backpacks.

- Clothing and footwear used primarily for athletic activities or for protective wear are not eligible for the exemption.

Customers buying golf shoes or football pads, for instance, must pay sales tax. Athletic wear that is also used for participation in other non-athletic activities can qualify for tax exemption. For example, tennis shoes, baseball caps and jogging suits are worn during everyday activities and thus may be purchased tax-free during the holiday.

- Also excluded from the sales tax holiday are accessories such as jewelry, watches, barrettes, elastic ponytail holders and wallets.

For more information, visit <http://www.window.state.tx.us/taxinfo/tax-pubs> or call 800-252-5555.

(Source: Fort Sam Houston Independent School District)

## Fort Sam Houston ISD registration dates

The Fort Sam Houston Independent School District has set the dates for registration of incoming middle and high school students. All appointments are scheduled with a counselor. To schedule an appointment, call Robin Meilinger at 368-8775.

**Middle school registration dates:**  
Tuesday – sixth grade

Wednesday – seventh grade  
Aug. 16 – eighth grade  
Aug. 17 – by appointment

**High School registration dates:**  
Tuesday – ninth grade  
Wednesday – 10th grade  
Aug. 16 – 11th grade  
Aug. 17 – 12th grade

### School office closed

The Fort Sam Houston District and Campus offices will be closed the morning of Aug. 20 for required staff development. The offices will re-open at 12:30 p.m.



Child and Youth Services

Before, after school program

Registration for the before and after school program will be onsite at School Age Services today and Friday from 9 a.m. to 5:30 p.m. in Building 1705. Patrons must be a registered user, provide leave and earnings statements, spouse’s W2 form, updated shot records, two local emergency designees, child’s Social Security number, health assessment, and \$18 registration fee. After Friday, registration will continue weekdays from 8 a.m. to 4:30 p.m. at Central Registration, Building 2797.

CDC Pre-K Program

Registration for the Child Development Center Pre-K program will be held Tuesday at Central Registration, Building 2797. Patrons must be a registered user and space is limited. To register, patrons must provide a leave and earnings statement, spouse’s W2 form, updated shots records, two local emergency designees, child’s Social Security number, health assessment and \$18 registration fee.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Aug. 21 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871.

FCC providers

Family Child Care is seeking Family Members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military Families more childcare options in the local community. There are two

childcare centers and 25 civilian providers in surrounding areas of Fort Sam Houston available for use by local Army Families. The centers and providers are monitored to ensure they meet Army standards. For more information, call the Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider’s philosophy of care, hours of operation and background. This online tool can be accessed weekdays from 8 a.m. to 4:30 p.m. at Child and Youth Services Central Registration, Building 2797.

Sport physicals

Patrons interested in summer and fall sports should make appointments for sport physicals now. Patrons will need a sport physical to register. Sport physicals must be valid for the entire sport season. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

SKIES Unlimited classes

The Child and Youth Services SKIES Unlimited program offers language, music and sports classes for children ages 6 to 18 who are registered with CYS. The first month’s fee is due at time of registration at Building 2797. For more information, visit the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630; or call 221-1723 or 221-4871.

PCI, Head Start applications available

Parent Child Incorporated and Head Start is currently accepting applications. This is a free childcare program for Families that meet federal guidelines. For more information, call 221-3788.

Students sail away with books

By Kelly Jones  
Morale, Welfare and  
Recreation Marketing Office

About 40 children and adults were in attendance at the Keith A. Campbell Library July 28 to celebrate the “Sail Away with Books” Summer Reading Club.

About 550 students signed up and participated in this year’s summer reading club. Each year Susan Artiglia, reference librarian, develops a program for youth interested in exploring the world of books. The program was open to preschool through eighth grade children and required them to read more than 1,000 pages during the summer promotion, which began June 1. Those who participated received a cloth book bag with a SeaWorld ruler, pencil and “Here’s to the Heroes” flyers.

Owen Duggan, a local musician, singer and songwriter, entertained those in attendance with lively children’s songs. Following the performance, Duggan and library staff drew names for prizes which included T-shirts and book bags before the grand



Photo by Susan Artiglia  
“Sail Away with Books” grand prize winner, Christopher Rath (right), and brother Owen, show off the SeaWorld Backpack Chris won in a drawing.

prize drawing. Christopher Rath, a fourth-grader at Fort Sam Houston Elementary School, was the lucky grand prize winner of a SeaWorld backpack which held a beach towel, water-proof camera, a book by R.L. Stine and four day passes to the aquatic park.

Janet Warner, SeaWorld San Antonio, provided the grand prize SeaWorld backpack and all the goodies inside.



# ‘Biggest Losers’ strut their slimmer stuff

By Elaine Wilson  
Fort Sam Houston Public Information Office

*(This is the last in a series of articles about “The Biggest Loser” program, a weight loss and healthy eating competition at Fort Sam Houston. Each month, the “News Leader” checked in with contestants to track their progress.)*

After a lifelong struggle with her weight, it took just six months for a military spouse and mother of five to lose 27 pounds and gain a hefty new title – Fort Sam Houston’s Biggest Loser.

Sunshine Jeane is the winner of “The Biggest Loser,” a six-month-long weight loss and healthy eating competition that started as a friendly inter-office challenge and grew into a post-wide event with 33 participants.

“I was shocked,” said Jeane, when notified of her big win. “Everyone else who participated looks so amazing; I never imagined I would be the Biggest Loser.”

The program started small-scale in January, when a group of co-workers in Building 124 decided to cut back after the holidays. They jokingly decided to pattern their competition after the NBC series “The Biggest Loser.” Word spread, interest grew and, in a collaborative effort with the Jimmy Brought Fitness Center and fitness trainer Cathleen Burrell, 33 people from around post signed up March 2 to embark on a quest for a healthier lifestyle.

Program participants followed their own diet and exercise plan, but traded triumphs and personal challenges at weekly weigh-ins at the Jimmy Brought. They also gathered several times for nutrition and fitness sessions, led by Capt. Renee Cole and Burrell, during which losers learned about portion size, the pitfalls of dieting and effective ways to burn calories. Burrell, who became the Biggest Loser fitness consultant, tracked results through the weigh-ins as well as initial, mid-term and final tapings.

“It was amazing to sit back and watch the progress,” said Burrell, who selected the top three winners based on a combination of pounds, measurements and body fat lost. “The losers made an incredible decision to lead a healthy lifestyle. They should all be very proud.”

Each week, the losers shrank, not just in size, but in number. The 33 original participants dwindled throughout the months, and only 12 stuck it out to the end (see pictures at right).

But the diminished numbers didn’t affect a triumphant outcome. The top 10 alone have lost 58.37 points of body fat and 160.2 pounds. At the program’s start in March, Biggest Loser Jeane weighed 213.6 pounds and is now, as of Friday, a much more svelte 186.4.

Despite five children under age 12 — the youngest is six months old — Jeane managed to squeeze in five workouts a week at the gym and avoid her normal diet



Photo by Olivia Mendoza  
Sunshine Jeane does a total body workout Tuesday at the Jimmy Brought Fitness Center. Jeane is the winner of “The Biggest Loser” competition at Fort Sam Houston.

pitfalls, in particular, chocolate. “The best compliment I got was when my 11-year-old returned after a summer trip and said I looked skinny,” she said. “The hard work, the hours spent away from my family at the gym, were worth it at that moment.

“But I’m not done,” she added. “I still have 50 more pounds to go to reach my pre-pregnancy weight of 136.”

Jeane is well on her way, as are the other participants. The runner-up, Phyllis Bergen, lost 36.1 pounds and reduced her body fat by 7.74 points.

“I feel great. I can walk up flights of stairs now and my blood pressure is much lower,” said Bergen, who dropped three dress sizes. “This has been an awesome experience. Even if I hadn’t placed, I’d still feel like a winner. I feel better about myself and my lifestyle.”

Bergen’s co-workers, who rooted her on at the announcement ceremony Friday, are also impressed. “I was

watching and supporting her,” said co-worker Cindy Champagne. “It’s absolutely amazing to see the difference.”

Bergen said she lost the weight by cutting back on starchy foods and sweets, as well as breaking a sweat four times a week at the gym.

The support of friends, family and fellow losers seemed to have just as much of an impact for the losers as the treadmill miles clocked.

“I found some great workout partners through the program,” Jeane said. “And it helped to just have people to talk to who were going through the same thing. Every time we met at the gym, everyone was so encouraging; I always left with new resolve.”

Third place loser, Olivia Mendoza, said she drew her motivation from her workout partners and a fit fiancé who encouraged her to workout.

“Having a buddy system works,” said Mendoza, who dropped 19 pounds and 22 percent of her body fat. “Start by working out with a friend, neighbor or co-worker, and go to the gym or walk during lunch.”

Husband-wife loser team, David and Jacqueline Fairclough, drew strength from each other. “It helps to have support,” Jacqueline said. Combined, the couple lost 16 pounds. “My husband used to bring ice-cream home when I was trying to lose weight. But this time we committed to doing the program together. I bought French fries the other day and he took them away from me. This process has made us more aware of each other and our feelings.”

Some losers lost just a few pounds, and others, dozens, but all seem to share the same dedication to continuing a healthier lifestyle.

“I’m not going to stop being healthy just because the program is over,” Jeane said. “I’m getting ready to give away my ‘fat’ clothes. I never want to go back to the way I looked before.”

“I’m even more committed to losing weight than I was before,” Mendoza said. “I look better, feel better and can’t wait to continue on with this journey.”

Jimmy Brought fitness director Lucian Kimble said he’s seen a transformation in the losers. “They have a motivational look, an excitement about the results they were seeing. They walk with more confidence now, like they were proud to be involved in a great program.”

Aside from appearances, the losers have given themselves the best gift of all – a healthier life, Burrell said. “That means a longer time on this Earth, the capability to pick up your grandkids, the ability to take a walk with your loved ones, ride a bike; the benefits go on and on. To sum it up, you can enjoy your time on Earth more than you ever have before.”

For more information on starting a fitness plan, call the Jimmy Brought Fitness Center at 221-2020. For information on nutrition or to create a healthy eating plan, TRICARE beneficiaries can call 916-1003.



## PostPulse: What changes have you noticed in some of the Biggest Loser participants?

*“It is simply amazing how my wife (Minnie) has transformed in front of my eyes over the past few months. It is simply amazing how she has changed her eating habits and become more active and it’s like the weight just fell off. I told her that I was very proud of her being focused and determined to do it. Now she can wear all of the million pieces of clothes that consumes almost all of ‘our’ walk-in closet!”*

Senior Master Sgt Jay Jones



*“Everyone seems to be more upbeat with an energy increase and appearance loss is definitely noticeable.”*

Terry Frost



*“Mostly the attitude stands out; everyone seems to be happy, enthusiastic and motivated to be a part of ‘The Biggest Loser’ program.”*

Lucian Kimble



*“I have noticed the positive energy in our co-worker (Phyllis); she is always smiling and she looks great!”*

Cindy Champagne







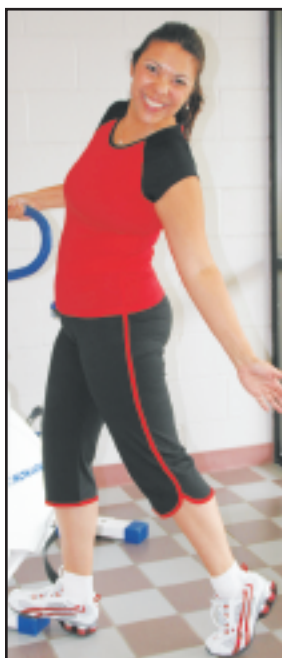
First place winner:  
Sunshine Jeane lost 27.2 pounds



Second place:  
Phyllis Bergen lost 36.1 pounds



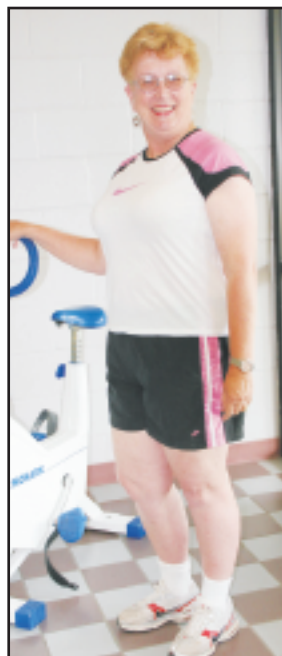
Third place (tie):  
Olivia Mendoza lost 19 pounds



Laura Nalls lost 10.3 pounds



Barbara Lucas lost 10.1 pounds



David Fairclough lost 11.1 pounds



Minnie Jones lost 15 pounds



Lori Newman lost 13.8 pounds



Jennifer Morris lost 9 pounds



Jacqueline Fairclough lost 5.6 pounds



Kathy Maple lost 6.6



Third place (tie):  
Jan Eagan lost 12.4  
pounds  
(No before picture)



Gwendolyn Mason  
lost 3.6 pounds  
(No before picture)

(Note: "The Biggest Losers" were selected based on a combination of factors, to include weight, body fat and measurements taken pre- and post-contest.)



Community Recreation

Gun Hunter Education Class

A two-day Gun Hunter Education Class will be held Saturday and Sunday from 8 a.m. to 3 p.m. at the Camp Bullis Outdoor Recreation Center. The \$15 registration fee is payable on the first day of class and reservations are required. The class is mandatory for all rifle hunters who would like to hunt on Camp Bullis. Firearms cannot be brought onto Camp Bullis. For more information or to register, call 295-7577 or 295-7529.

Hunting permits on sale

Gun hunting permits will be available for purchase Aug. 17 at the Camp Bullis Outdoor Recreation Center. For more information, call 295-7577.

Outdoor Pool is open

The Aquatic Center is open daily from 12 to 8 p.m. through Sept. 3. For more information, call 221-4887 or 221-1234.

Golf Course, 222-9386

Warrior’s Monthly Scramble tournament

Register up to four players to participate in the Warrior’s Monthly Scramble held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament will be held Sept. 7 with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. For more information, call the Golf Club’s Pro Shop at 222-9386.

Labor Day Golf Tournament

The Golf Club will host the annual Labor Day Tournament Aug. 31 from 1 to 5:30 p.m. The cost to enter is \$30 for non-members and \$20 for members, and

includes green fees, carts, awards and a banquet. Form your own team for this four-person scramble. Prizes will be awarded at the banquet following the tournament. For more information, call 221-4388.

Bowling Center, 221-3683

National Bowling Week

The Fort Sam Houston Bowling Center will host National Bowling Week Aug. 25 through 31. Dollar Day Scratch-Off begins the week of Aug. 25. Unit Challenge Night is Aug. 28, with exciting events leading up to the grand finale Aug. 31. Come by for a chance to win a scratch-off card and other prizes. Scratch-off cards are available while supplies last.

Dining and Entertainment

Harlequin Dinner Theatre, 222-9694

The Arthur Long comedic production “Never Too Late” will be presented at the Harlequin Dinner Theatre through Aug. 18. Performance tickets are \$24.95 for Wednesdays and Thursdays and \$27.95 for Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office, 226-1663

The MWR Ticket Office has discounted tickets for Splashtown. The tickets are \$8 for daily entrance. Discounted tickets for SeaWorld, as well as many other attractions, are also available. The ticket office is open Tuesdays through Fridays from 10 a.m. to 5



Photo by Kathrine Maple

Cottages available at Canyon Lake

The new cottages at the Fort Sam Houston Recreation Area at Canyon Lake are now available for public use. Reservations are being taken for these new 1,200-square-foot facilities. The new three bedroom cottages are fully furnished and equipped with central heating and air conditioning, a barbecue pit and kitchen with appliances. Each cottage has a parking space, front porch and picnic table. For more information or to make a reservation, call 830-226-5357 or 888-882-9878.

p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, visit [www.portsamhouston-mwr.com](http://www.portsamhouston-mwr.com) or call 221-1663 or 224-2721.

2007 Military Long Drive

The MWR Long Drive Championship, presented by Cadbury Schwepps, will be held Sunday at 8:30 a.m. at the Fort Sam Houston Golf Club. This one-day program is open only to active duty service members, Reserve and National Guard (inactive status may participate). The installation with the most participation will win \$1,000 worth of Army and Air Force Exchange Service gift cards to be used by its respective MWR Directorate. In addition, Fort Sam Houston MWR will offer a \$200

AAFES gift card drawing for each military installation. Prizes will be awarded for first through third place finishers. The top long drive competitor at each of the five geographical zones who records the longest drive will win an all-expenses-paid trip to compete in the military division at the RE/MAX Long Drive Championship in Mesquite, Nev. The active duty service member to hit the longest qualified drive during the Military Division of the RE/MAX Long Drive Championship will win \$10,000 and be featured on the ESPN coverage of the event. Competitors in the MWR Long Drive Championship will pay \$10 per try (six balls). For more information, call 222-9386 or visit [www.portsamhoustonmwr.com/bod/golf\\_club.asp](http://www.portsamhoustonmwr.com/bod/golf_club.asp).

Great Getaways Sweepstakes

Register for a chance to win an all-inclusive grand prize vacation package for two at one of four Armed Forces Recreation Centers. The sweepstakes is open to service members, retirees, Department of Defense civilians and their Families, age 18 and older, through Aug. 31. For more information or to enter, visit <http://www.afrcresorts.com/sweepstakes>.

Missions Military Appreciation Night

KRAFT and the San Antonio Missions Baseball organization will host a Military Appreciation Night Wednesday at Wolff Stadium. The special event salutes Fort Sam Houston Soldiers and their Families and will include them in the game’s activities. Military Family nights are meant to recognize and thank military personnel in San Antonio and surrounding areas for their service and dedication to protecting our country. Admission is free with a voucher. Ticket vouchers can be picked up Monday at the following Fort Sam Houston locations: Bowling Center, Golf Club, Sam Houston Club, Library, Jimmy Brought Fitness Center or Army Community Service. The vouchers may be converted to free general admission tickets at Wolff Stadium or be used to upgrade the seats with a small additional payment. For more information, e-mail [samh.INFOMWR@us.army.mil](mailto:samh.INFOMWR@us.army.mil).



Events

Children’s Story Time

The NCO Wives’ Club will host a Children’s Story Time Friday at 4 p.m. and Aug. 15 at 1 p.m. at the Keith A. Campbell Memorial Library, 2601 Harney, on the corner of Harney at Chaffee. For more information, call Jennifer Koranyi at 437-2788 or e-mail jennykor@aol.com.

Army 101

A three-day Army 101 class will be held Monday, Tuesday and Aug. 16 from 6 to 8:30 p.m. at the Army Community Service building. Learn acronyms, rank structure, chain of command/concern, community resources, customs, courtesies and more. Army Family Team Building encourages spouses, Family Members, Soldiers and Department of the Army civilians to find out more about Army life. For more information or to register, call 221-0946.

Spouses’ Club meeting

The new Fort Sam Houston Spouses’ Club will hold its first board meeting of the 2007-2008 year Tuesday at 11 a.m. at the Sam Houston Club, Crocket Room. For more information, call Marcella Garcia at 677-5187 or e-mail marcellag0642@aol.com.

WWII Memorial Dedication

The State of Texas will pay official tribute to its citizens who served with distinction and valor in World War II with the formal dedication of the Texas World War II Memorial Wednesday at 10 a.m. at the State Capitol in Austin, Texas. Keynote speaker will be retired Maj. Gen. Robert Ivany, Ph.D., president of the University of St. Thomas, Houston. For more information, call Larry Soward at 512-239-5505.

Cowboy Homecoming celebration

The city of Pleasanton, known as the birth-place of the cowboy, will celebrate the 42nd Annual Pleasanton Cowboy Homecoming Celebration Aug. 17 and 18. The festivities begin Aug. 17 with a cowboy breakfast at 6:30 a.m., activities throughout the day and a rodeo at 8 p.m. A parade will be held Aug. 18 at 10 a.m. through downtown Pleasanton. Pleasanton is located about 30 miles south of San Antonio right off Interstate Highway 37 and U.S. Highway 281.

Girl Scouts’ pool party

The Girl Scouts of Southwest Texas invites girls of all ages and their parents to attend the Cole Service Unit Girl Scouts pool party Aug. 25 from 1 to 4 p.m. at the Fort Sam Houston outdoor pool. Reservations are required by Aug. 20. For more information, call Teresa Clark at 349-2404 ext. 217, or e-mail tclark@sagirlscouts.org.

Join the Cub Scouts

Boys going into first grade (or 7 years old)

through fifth grade are invited to join the Cub Scouts Pack 23 at Fort Sam Houston. Pack 23 offers a fun summertime program that includes water sports, hikes and den meetings. To register or to transfer a scout into Pack 23, e-mail Jennifer Tucker at jtuckerpack23@yahoo.com. For more information, call Kevin Muravez at 262-6114 or e-mail Peter Moons at peter.moons@us.army.mil.

Honorary Bat Boys

Send in nominations to be an Honorary Bat Boy for the San Antonio Missions home games throughout the summer. Honorary Bat Boys not only get to help on the field at a game, but also receive a Missions cap, special T-shirt and tickets for Family Members to attend the game. They will also participate in the on-field opening ceremonies at Missions home games Friday, Saturday or Sunday. This contest is open to military youth, male and female, 18 years old and younger, who are authorized commissary and Morale, Welfare and Recreation program access. To register, send in a post card with the nominee’s name, age and phone number on a 3- by 5-inch card to San Antonio Missions Baseball Club, Kraft Singles Honorary Batboy, 5757 Highway 90 W, San Antonio, TX 78277.

Vet treatment facility

The Fort Sam Houston Veterinary Treatment Facility provides physical examinations and vaccinations by appointment for privately owned animals. Walk-ins are seen on a space-available basis. Post registration may be done on a walk-in basis; call ahead of time to ensure the clinic is open and have the proper paperwork necessary. Pet care products are available for purchase Monday through Friday from 8 a.m. to 4 p.m. The clinic does not provide boarding or grooming services. Sick call and vaccinations are scheduled by appointment only. Clinic appointment hours are Monday through Wednesday from 8:30 a.m. to 3 p.m. for veterinarian appointments and vaccinations; Thursdays and Fridays from 8:30 to 11:30 a.m. are for vaccinations only. For more information or to schedule an appointment, call 295-4260 or 295-4265.

College scholarships

The Freedom Alliance Scholarship Fund provides tuition assistance for the 2007-2008 academic year to dependents of troops killed or permanently disabled in the line of duty. Freedom Alliance will accept applications until Friday. Students must be enrolled or accepted at an accredited college university or vocational school. For more information or to download an application, visit www.freedomalliance.org or call Jennifer Ohman at 310-367-1326.

Volunteer

ASMC ‘Dare to Love’ Drive

The American Society of Military Comptrollers

will be holding a Back to School “Dare to Love” drive. All donations will go to the Rainbow Room, which supplies emergency clothing and supplies for children referred to Child Protective Services. The following supplies are needed: backpacks, erasers, construction paper, scissors, folders and spiral notebooks. ASMC will collect supplies through Friday with delivery to CPS Wednesday. For more information, call Gracie Ayala at 671-0344 or 834-2742.

ASMC community project

The American Society of Military Comptrollers will host a community cleanup project Aug. 18, from 9 a.m. to 12 p.m. at the Sunshine Plaza Apartments, 455 E. Sunshine Drive. The project involves light cleaning for senior residents. School students can earn a certificate for up to three hours of community service. To volunteer, call Andrea Powers at 221-2752.

Volunteers needed

The Texas State Guard is looking for volunteers, ages 17 to 65; prior military service is not required. The Texas State Guard meets on the third Saturday of the month at 8 a.m. at the Texas State Guard Armory, 4255 Interstate Highway 35 North. For more information, call Capt. Fred Balderrama at 830-985-3067.

Host Families needed

SHARE! an international exchange student program is looking for caring volunteers with or without children to share their hearts and homes with teen ambassadors from abroad for the upcoming 2007-2008 school year. The students are participating in the SHARE! High School Exchange Program to learn first hand about America. These young ambassadors will return to their home countries with a newly acquired understanding of the American point of view and way of life. For more information, call Yvette Coffman at 1-800-941-3738.

Meetings

NSAMC Summer Membership Drive

Sergeant Audie Murphy and Sergeant Morales

Club members are invited to join the local Sergeant Major of the Army Leon Van Autreve Chapter. The chapter welcomes inducted and honorary members. For more information, call 332-0722 or 221-9925.

ASMC August Luncheon

The Alamo Chapter of the American Society of Military Comptrollers invites all members and non-members to attend the August luncheon hosted by the Medical Command Wednesday from 11 a.m. to 1 p.m. at the Sam Houston Club. The topic of discussion is contracting issues. For more information, call Kathy Scott at 221-7892, by Monday.

Training

University of the Incarnate Word

A representative from the University of the Incarnate Word will be on site every other Monday from 10 a.m. to 4 p.m. at the Fort Sam Houston Education Center, Building 2248. Come learn the benefits of a UIW’s adult degree completion program and Universe Online. There is a discount for active and retired military, college credit for military training, evening classes online, eight week accelerated terms and four convenient locations in San Antonio. For more information, call Vanessa Carrasco, University of the Incarnate Word, Extended Academic Programs, at 829-2769 or e-mail vcarrasc@uiwtx.edu.

Army’s funded Legal Education Program

The Office of the Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. The program is open to commissioned officers with rank of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active Federal service at the time legal training begins. Applicants must send requests through command channels, to include the officer’s branch manager, at Army Human Resources Command, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT (Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, Va 22209-2194, before Nov. 1. For more information, call the local Staff Judge Advocate.

Talent search

Vocalists needed for Rising Star competition

What used to be known as Military Idol, a U.S. Army takeoff on American Idol, has now become Operation Rising Star. The worldwide singing competition is based on popular reality TV shows such as American Idol, Nashville Star, Star Search and Rock Star Supernova. At Fort Sam Houston, the program will be held Sept. 25 and 26 at the Hacienda Recreation Center. Active duty service members, from any branch of service, are eligible to compete. Contestants will perform live during a two-day elimination competition at the installation level, where they compete for prizes and a chance to be their installation’s Rising Star winner. For more information or an application, call Jewell Terrell or Ben Paniagua at 221-4829 or 224-7250.

# Women’s Equality Day trivia contest

## ‘Women who changed America’

Be the first to correctly identify all five women in the questions and receive a \$25 Army and Air Force Exchange Service gift certificate.

1. In 1980 this member of the Cherokee nation founded the First Nations Development Institute. This institution established new standards of accountability regarding federal responsibility and reservation land reform.

2. A Nobel Peace Prize recipient in 1931, she was honored for her dedication to the causes of peace and social justice. She founded Hull House in Chicago in 1889, one of the nation’s first settlement houses that provided English language classes, childcare, health education and recreational programs for the poor.

3. She was the first Black woman

elected to Congress, where she served for 14 years. In 1972, she made history by campaigning for nomination for the Democratic Party for President of the United States, the first woman of color to seek the nation’s highest office.

4. As a Yale student in 1981, she designed the Vietnam Veterans Memorial. Her design was unanimously chosen from 14,241 models. This woman’s wall design is acclaimed as one of the greatest war memorials ever created.

5. She worked for the improvement of civic, educational, and economic opportunity for the Mexican-American community. In 1929, she co-founded the Orden Caballeros of America.

Contestants should e-mail answers to Master Sgt Rick Evans at rickylovon.evans@us.army.mil.

### Army Community Service

#### August Financial Readiness Schedule

Understanding Your Credit Report	Tuesday	2 to 4 p.m.
Financial Planning	Today and Aug. 16	2 to 4 p.m.
Identity Theft	Aug. 21	2 to 4 p.m.
Checkbook Maintenance	Aug. 23	2 to 4 p.m.

- Understanding a Credit Report – Pull, review, correct and update an individual credit report.
- Financial Planning – Information on savings, credit and establishing budgets.
- Identity Theft – How not to become a victim, how to recognize and what to do if you become a victim of identity theft.
- Checkbook Maintenance – This class is offered for personnel referred by the command for abusing and misusing check cashing privileges. All personnel can attend this class.

All classes are held in Building 2797, 2010 Stanley Road, training room 1. Class space is limited. For more information or to register, call 221-1612.



Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on



Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to **221-1198**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

**For Sale:** Eclipse elliptical exerciser, \$100; General Electric 27-inch TV, \$50. Call 822-1880.

**For Sale:** Rubbermaid storage shed, 5.5 feet by 6 feet by 6.5 feet, \$300. Call 945-8577.

**For Sale:** Jazzy motorized wheelchair with detachable foot rest and instruction booklet, \$1,000. Call 661-3765.

**For Sale:** 1992 Ford Magnum Conversion van, less than 14,500 miles, loaded, seven passenger seating, four reclining Captain chairs and power sofa-bed, TV/VCR combo, power driver seat, locks, windows and exterior mirrors, cruise, tilt, air bags, front and rear AC and AM/FM cassette stereo systems with camper/towing package, \$2,295. Call 659-6741.

**For Sale:** Girl's twin cottage sleigh bed with matching dresser and nightstand, \$300; girl's size 16 dresses, \$15; ladies size 10/12 semi-formals and suits, \$25; men's 10-

speed mountain bike, needs rear rim, \$20. Call 826-0882.

**For Sale:** Beagles, male 18 months and female two and one half months, \$95 each; Pet Net adjustable barrier for vehicle, \$35; dormitory/apartment refrigerator, \$85; male golden retriever, follows commands, \$125; Boston Terrier mix puppy, \$95. Call 633-3859.

**For Sale:** Children's twin solid pine bed with ladder and pull out desk underneath, matching children's chest of drawers and armoire entertainment center, excellent condition, \$350 set; Eddie Bauer travel system, includes navy blue and beige stroller and carrier, \$60. Call 883-7440.

**For Sale:** 1994 Chrysler LHS, automatic, CD player, AC, runs great but needs new water pump, \$1,600. Call 745-2424.

**For Sale:** 1985 Mercedes-Benz 500 SEL, low miles, sunroof, new tan upholstery, rebuilt engine, all power, main-

tained with all records, private owner, \$4,950 obo. Call 218-1975 or 830-438-2860, leave message.

**For Sale:** Haier compact refrigerator and freezer, 2.7 cubic feet, \$50; beige carpet, 12 feet by 10 feet, \$20. Call 490-0804.

**For Sale:** Carpet with padding, 11 feet by 9.5 feet, \$65; power zone weight bench with bicep and leg curl attachment, \$25; gray cockatiel and blue parakeet with large cage, large cart on wheels, toys and food, \$125, will sell parakeet separate from package; VCR movies and 70s to 90s music cassettes, \$2 to \$3 each; two white lamps without shades, \$6 each. Call 277-1657.

**For Sale:** 2003 Harley Davidson FXDL low rider, excellent condition with wind screen and bags. Call 215-4712.

**For Sale:** 1993 Ford Ecoline van with handicap wheelchair lifter, \$6,495 obo. Call 830-522-0424.